COMMUNITY

Page 6 – Aniel Mendez, Detroit Chief of Police for the Day

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 34, #6 • **December 8, 2022**

FOOD

Pages 8-9 – It's Tamale Season!

Camilla Cantú, músico de mariachi de SW Detroit, se une al grupo nominado al GRAMMY para una gira nacional

En el escenario de un club de Chicago, repleto de gente un martes por la noche de noviembre, la cantante Shae Fiol cuenta una historia. La líder de la agrupación Flor de Toloache, recuerda a una jovencita de 16 años que se acercó a su grupo hace unos 10 años. La adolescente, una joven mariachi, había oído hablar del grupo de mariachis de mujeres de Nueva York y quedó cautivada. Ella preguntó si la podrían dejar participar en uno de los conciertos. Cuando el grupo estuvo de acuerdo, la chica condujo por varios estados con su madre hasta llegar al espectáculo en el Jardín Botánico del Bronx.

La agrupación quedó impresionada por su talento y les encantó su espíritu, pero lo más importante fue que la jovencita estaba tan energizada por la experiencia que regresó a casa para comenzar un grupo de mariachis femenino.

Continúa en la pág.6

Southwest Detroit Mariachi Musician Camilla Cantu Joins GRAMMY-Nominated Group for National Tour

As a teen, Flor de Toloache inspired Cantu to found Michigan's first and only all-female mariachi group. This fall, she toured with her childhood heroes.

Story by Ofelia Saenz
Photos by Alejandro Ugalde

On stage at a packed Chicago club on a Tuesday night in November, mariachi musician Shae Fiol tells a story. The leader of Flor de Toloache recalls a curious 16-year-old girl who reached out to her group about 10 years ago. The teen, a young mariachi herself, had heard about the all-female mariachi group from New York and was captivated. She asked if they'd let her sit in on one of their gigs. When they agreed, she drove through several states with her mother to get to their show at the Bronx Botanical Garden. They were impressed by her talent and loved her spirit, but more importantly, the teen was so energized by the experience that she returned home to start her own all-female mariachi group.

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Seeking Latino Actors For Casting In Upcoming Shows

At the Detroit Repertory Theatre

By Ofelia Saenz

The Detroit Repertory Theatre (DRT), Michigan's oldest and longest-running professional theatre, is holding general auditions to cast actors for two of its upcoming plays. Auditions will be held at the theatre, which is located at 13103 Woodrow Wilson Street in Detroit, on Tuesday and Wednesday, Dec. 13 and 14.

Although DRT encourages actors of all ethnicities to audition, two of the male roles being cast for the upcoming shows call specifically for Latino actors. One role being cast is a late teens/early 20s male Latino character and the other is a mid to late 20s Latino.

"We're always excited to welcome newer aspiring actors to our stage," said Leah Smith, DRT's Artistic Director. "Throughout our 67-year history, many actors have gotten their start in our theatre."

The two plays being cast are "Transfers," by Lucy Thurber, and "Sweat," by Lynn Nottage. Each of them will be produced in early 2023 as part of DRT's sixty-sixth season. "Transfers" will run March 17 through April 23, and "Sweat" will run May 5 through June 25.

"The Detroit Rep has always been committed to providing work and artistic opportunities to those who live here," said Smith. "These two shows may be a chance for someone to launch their acting career in Detroit, and we're happy to support that."

For more information about the auditions or to see the show synopsis and a breakdown of the characters being cast, visit DetroitRepTheatre.com/auditions, or contact Leah Smith at Leah@DetroitRepTheatre.com.

Ofelia Saenz is a native of Southwest Detroit and a writer, marketer and food entrepreneur. She writes about entertainment, arts, culture and other human-interest stories for EL CENTRAL.

Detroit REPERTORY THEATRE

Southwest Solutions Celebrates $7.8 Million Renovations

Rehab of two Southwest Detroit buildings preserves 40 "deeply affordable" housing units

Mayor Mike Duggan joined Southwest Solutions on Monday, December 5, to celebrate the completion of the top-to-bottom renovations of two historic apartment buildings, which will offer a combined 40 units of deeply affordable housing in Southwest Detroit.

The 20-unit Savannah and Wilshire apartments are located at 250 W. Grand Blvd. and 388 W. Grand Blvd., respectively. Both buildings had last been renovated in the 1990s and were sorely in need of updates. Southwest Housing Solutions, a subsidiary of Southwest Solutions, served as the developer and project manager.

The renovations and commitment to preserving affordable housing represent an investment of $7.8 million in the Hubbard-Richard community. Importantly, all residents who were temporarily relocated during the renovations will be able to move back into the building, and the affordability has been guaranteed for the next 50 years.

(L-R) Jimmy Reed, maintenance manager for Southwest Housing Solutions, Sean de Four, president & CEO of Southwest Solutions; Detroit Mayor Mike Duggan; Savannah resident Theresa Riley; Elizabeth Rademacher, LIHTC (Low-Income Housing Tax Credit) allocation manager for Michigan State Housing Development Authority; Kelly Vickers, chief development officer for the City of Detroit Housing & Revitalization Department; Terri Lopez, leasing specialist, Southwest Housing Solutions

The Savannah has stood on the corner of Lafayette Boulevard since 1926 and was last renovated by Southwest Solutions in 1999.

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988
LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS
Si tú o alguien que conoces necesita apoyo, llama al 988 (servicio en español) o envía un texto al 988 o chat vía 988lifeline.org (en inglés).
PEP22-08-03-009

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SW Detroit Musician

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As Fiol finishes recounting the story to the audience, she turns to introduce the now 26-year-old vihuela player from Southwest Detroit, Camila Cantu.

Cantu, the founder of Michigan's only all-female mariachi group, Mariachi Femenil, is now an accomplished musician and aspiring producer. She recently finished a 21-date tour with her childhood heroes, Flor de Toloache.

Flor de Toloache are a Grammy Award®-nominated and Latin Grammy Award®-winning all-women group known for their mariachi fusion sound. Their name translates to "flower of toloache" which is Mexican plant used in indigenous medicine.

"I saw them and they were everything I ever wished they could've been," says Cantu, recalling the first time she saw them play. "They were dope. They wore [mariachi] pants, which was amazing to me. It definitely influenced my decision to have my band in Detroit wear pants."

Even as a teen, Cantu was able to carve out a niche for women within a historically male-dominated creative space. But then again, she's used to being one of the few, and often the only, female in a group. From a young age, Cantu has always been fearless about music. She recalls being in band class in third grade and while all the girls were expected to play either clarinet or flute, she played the drums.

"I remember being a little girl and thinking like, 'What is that? Why don't they want to play a trumpet? Why don't they want to play a drum?'" laughs Cantu. "You know, as a little girl it just blew my mind. I was like, 'I don't know why nobody wants to play the drum. It's so cool, I'm the loudest one here.'"

After soundcheck for the Flor de Toloache show in Chicago, Cantu is relaxed and friendly. She smiles easily and often. If she's nervous about performing, she hides it masterfully, but it's unlikely. Cantu is a consummate performer. That's no surprise. She's been doing it since she was a child.

In her hoodie and sweatpants, the only clue to distinguish that Cantu isn't just another of the club's college-age patrons filing into the bar is her sparkly makeup. Although Cantu is a small-framed woman, when she steps onto the stage in a fully-sequined pantsuit and her vihuela, her presence radiates tall and strong along with the other women on stage.

In the same way that Cantu was influenced by Flor de Toloache a decade ago for being an all-female mariachi group, she's also inspired by the way they infuse their music in a modern way, and she embraces the challenges it brings.

"We're talking about mariachi infused with jazz rhythms or like one of the songs in our set is played with Brazilian rhythms," says Cantu. "I'm having to learn different tempos and rhythms just to keep up with what the group is playing."

Being invited to join Flor de Toloache for their tour this past fall was just one of a long line of accomplishments for Cantu. Although her mariachi band went on to become hugely popular and highly in demand, she is also gaining success in other areas of her music career. She's currently working on a recording project of music that she's written.

Cantu describes the vibe of her new music as "groovy, chill, neo-soul R&B." The work in progress is a departure from her mariachi roots, but the echoes are still there.

"One thing I've noticed about my singing is that it's very influenced by mariachi music," says Cantu. "My singing has a lot of falsetto, or has a lot of elongated notes, which if you listen to mariachi music you hear that a lot."

After working with Flor de Toloache, Cantu realizes that she doesn't need to compartmentalize her music. Instead, she's now exploring ways to bring all her experience and influences together to create new sonic textures.

"I kind of want to be a little bit of an alchemist. I want to figure out ways to incorporate traditional instruments like guitarron and vihuela into modern music," she says. "The epiphany I had on this tour was that there are ways that I can use these sounds that are unique and haven't been done before. I can create an entirely new sound."

Cantu will be performing some original music from her new project at the Singers In the Round event at Otis Supply in Ferndale on Tuesday, Dec. 13. On Friday, Dec. 23 at the Marble Bar in Detroit, she'll be playing beats she produced for a rap battle between underground artists Demaciiio and BeFree.

To learn more and stay up to date about Cantu's upcoming projects, follow @camillacantu on InstaGram.

* * * * *

Ofelia Saenz is a native of Southwest Detroit and a writer, marketer and food entrepreneur. She writes about entertainment, arts, culture and other human-interest stories for EL CENTRAL.

Alejandro Ugalde is a Mexico City immigrant and visual storyteller with a profound love for Detroit and its multiculturalism.

Músico de SW Detroit

Con't de pg. 1

Cuando la cantante Fiol terminó de contarle la historia a la audiencia, se volvió para presentar a Camila Cantú, quien ya tiene 26 años y toca la vihuela mexicana en el suroeste de Detroit.

Cantú, la fundadora del único grupo de mariachis exclusivamente femenino de Michigan, "Mariachi Femenil", es ahora una consumada música y aspirante a productora. Recientemente terminó una gira de 21 conciertos con sus heroínas de la infancia, "Flor de Toloache".

Flor de Toloache es una agrupación de mujeres que ha sido nominada al premio Grammy® y ganadora del premio Grammy Latino® reconocida por su sonido de fusión con mariachi. Su nombre proviene de una planta mexicana utilizada en la medicina indígena.

"Las vi y eran todo lo que siempre deseé", dice Cantú, recordando la primera vez que las vio cantar. "Eran fantásticas. Llevaban pantalones de mariachi, lo cual me resultó increíble. Definitivamente influyó en mi decisión de que mi banda en Detroit usara pantalones".

Incluso para una adolescente, Cantú pudo abrir un espacio a las mujeres dentro de género creativo históricamente dominado por los hombres; debido a que ella está acostumbrada a ser una de las pocas, y usualmente la única, mujer en un grupo. Desde muy joven, Cantú siempre ha sido intrépida con la música. Ella recuerda estar en la clase de banda en tercer grado y aunque se esperaba que todas las niñas tocaran el clarinete o la flauta, ella tocaba la batería.

"Recuerdo que era una niña pequeña y pensaba: '¿Qué es eso? ¿Por qué no quieren tocar una trompeta? ¿Por qué no quieren tocar un tambor?'", se ríe Cantú. "Sabes, cuando era niña eso me sorprendía. Yo estaba como, 'No sé por qué nadie quiere tocar el tambor. Es genial, soy la más ruidosa aquí'".

Después de la prueba de sonido para el show de Flor de Toloache en Chicago, Cantú se muestra relajada y amistosa. Ella sonríe fácilmente y con frecuencia. Si está nerviosa por actuar, lo oculta magistralmente, pero es poco probable. Cantú es una artista consumada. Eso no es sorpresa. Ella lo ha estado haciendo desde que era niña.

Con su sudadera con capucha y pantalones deportivos, la única pista para distinguir que Cantú no es solo otra de las clientas en edad universitaria del club que entra al bar, es su maquillaje brillante. Aunque Cantú es una mujer de contextura pequeña, cuando sube al escenario con su traje con pantalón de lentejuelas y su vihuela, su presencia irradia grandeza y fuerza junto con las otras mujeres en el escenario.

De la misma manera que Cantú fue influenciada por Flor de Toloache hace una década, por ser un grupo de mariachis exclusivamente femenino, también se siente inspirada por la forma en que infunden su música de una manera moderna y acepta los desafíos que eso trae consigo.

"Estamos hablando de mariachis inspirados en ritmos de jazz o como si una de las canciones de nuestro set se tocara con ritmos brasileños", dice Cantú. "Tengo que aprender diferentes tempos y ritmos solo para mantenerme al día con lo que toca el grupo".

Ser invitada a unirse a Flor de Toloache para su gira el otoño pasado fue solo uno, de una larga lista de logros para Cantú. Aunque su banda de mariachis llegó a ser muy popular y muy demandada, también está ganando éxito en otras áreas de su carrera musical. Actualmente está trabajando en un proyecto de grabación de música que ha escrito.

Cantú describe la vibra de su nueva música como "genial, relajado, un neo-soul R&B". El trabajo en progreso la aleja de sus raíces como mariachi, pero los ecos todavía están ahí.

"Una cosa que he notado sobre mi canto es que está muy influenciado por la música de mariachi", dice Cantú. "Mi canto tiene mucho falsete, o tiene muchas notas alargadas, que si escuchas música de mariachi lo escuchas mucho".

Después de trabajar con Flor de Toloache, Cantú se da cuenta de que no necesita compartimentar su música. En cambio, ahora está explorando formas de reunir toda su experiencia e influencias para crear nuevas texturas sonoras.

"Quiero ser un poco alquimista. Quiero descubrir formas de incorporar instrumentos tradicionales como el guitarrón y la vihuela a la música moderna", dice. "La epifanía que tuve en esta gira fue que hay formas en las que puedo usar estos sonidos que son únicos y no se han hecho antes. Puedo crear un sonido completamente nuevo".

Cantú interpretará música original de su nuevo proyecto en el evento "Singers In the Round" en Otis Supply en Ferndale el martes 13 de diciembre. El viernes 23 de diciembre en el Marble Bar en Detroit tocará ritmos que ha producido para una batalla de rap entre los artistas underground Demaciiio y BeFree.

Para obtener más información y mantenerse actualizado sobre los próximos proyectos de Cantú, siga a @camillacantu en InstaGram.

Ofelia Saenz es nativa del suroeste de Detroit y escritora, vendedora y empresaria de alimentos. Escribe sobre entretenimiento, arte, cultura y otras historias de interés humano para EL CENTRAL.

Alejandro Ugalde es un inmigrante de la Ciudad de México y narrador visual con un profundo amor por Detroit y su multiculturalidad.

Cantu stands outside the club before a Chicago performance. Cantu's group, Mariachi Femenil, became hugely popular and in demand. "I kind of want to be a little bit of an alchemist. I want to figure out ways to incorporate traditional instruments like guitarron and vihuela into modern music," says Cantu. "The epiphany I had on this tour was that there are ways that I can use these sounds that are unique and haven't been done before. I can create an entirely new sound."

Southwest Detroit musician Camilla Cantu on stage at Chicago's Sleeping Village club with Grammy Award®-nominated and Latin Grammy Award®-winning Flor de Toloache

Southwest Solutions Renovations

Con't from pg. 1

It has three studios, 15 one-bedroom and two two-bedroom apartments, all 20 of which will be at 60 percent area median income (AMI). That translate to rents of $940 a month for a studio, $1,007 for a one-bedroom and $1,209 for a two-bedroom.

The Wilshire, built in 1926 on the corner of Shady Lane, now features four units at 50 percent area median income (AMI) and 16 at 60 percent. There are seven studios and 13 one-bedrooms. That translates to rents as low as $783 a month for a studio and $839 a month for a one-bedroom, respectively. Southwest Solutions previously renovated the then-vacant Wilshire in 1998.

"We have made a commitment to Detroiters that we were going to create and preserve affordable housing in neighborhoods all over our city," Mayor Duggan said. "I'd like to congratulate Southwest Solutions and thank them for helping our efforts of creating a more affordable Detroit for all."

"The Hubbard-Richard neighborhood, like many others in Detroit, has experienced quite a renaissance over the past two decades," said Sean de Four, president and CEO of Southwest Solutions. "We're proud of role Southwest Solutions played in helping to kick start the revitalization of this area when we first renovated the Savannah and Wilshire over 20 years ago. And, we're even more proud today that we have secured an affordable option for Detroiters who want to live in this neighborhood, for another generation."

All 40 units receive new kitchen countertops, appliances, flooring and fixtures; new bathroom countertops, flooring and fixtures; and upgraded HVAC systems as well electrical and plumbing upgrades. The building itself got new or repaired windows, a new roof and landscaping, new hallway flooring, and masonry and foundation repairs.

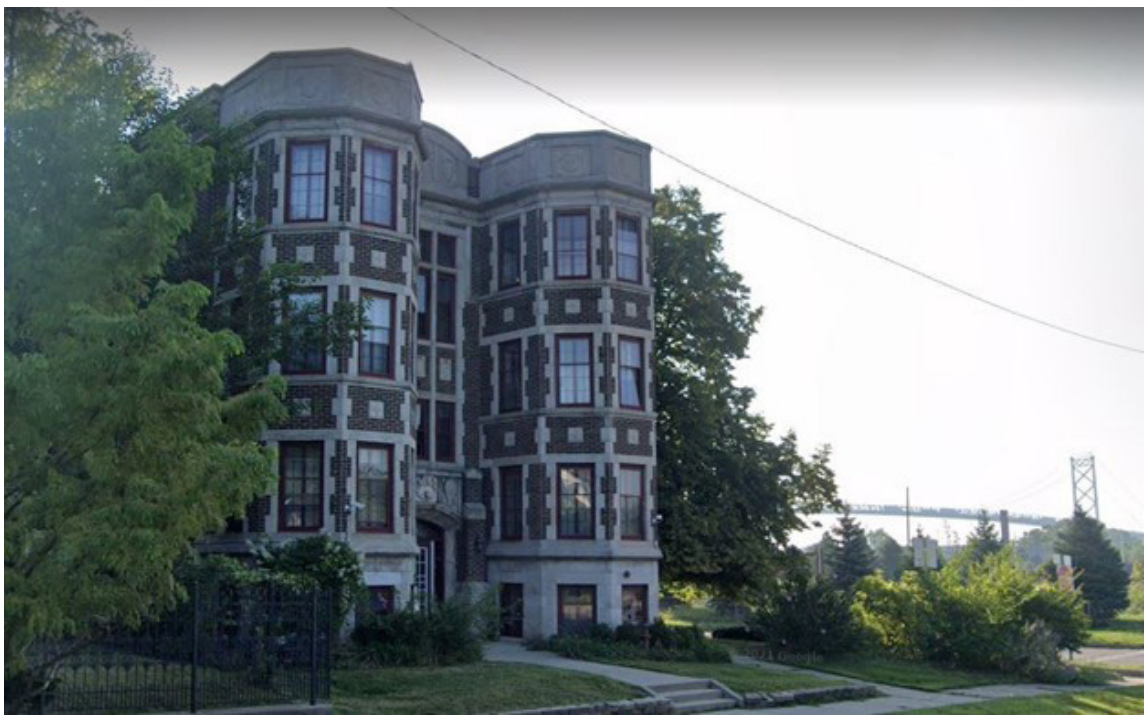
Residents will begin moving back into the Savannah this month and into the Wilshire at the end of January.

The City of Detroit's Housing & Revitalization Department (HRD) helped facilitate the renovations by doing a loan modification and transferring the existing $800,000 in HOME loans to the new project. HRD also helped secure a 4 percent Low-Income Housing Tax Credit (LIHTC) award for the deal. Other sources of funding include a sponsor loan of $450,000, a Michigan State Housing Development Authority (MSHDA) permanent loan of $1.5 million and an additional MSHDA HOME loan of $962,000. MSHDA also provided the nonprofit a tax-exempt construction loan of $4 million.

"The creation of affordable housing is one of our top priorities," said Julie Schneider, director of HRD. "We want to make sure that all residents, no matter their income, have the ability to live in quality housing in the neighborhood of their choosing. As we continue to see investment in neighborhoods like Hubbard-Richard, the preservation of affordable housing in buildings like the Savannah and Wilshire becomes all the more important."

The redevelopments of the Savannah and Wilshire compliment progress being seen in Southwest/Vernor area that is part of the Strategic Neighborhood Fund (SNF), which is helping to funnel investment that fuels further investment into neighborhoods across the city. Other SNF projects include a $3.3 million makeover for Clark Park; a $4.6 million renovation of The Murray, which saw the long-vacant row homes turned into 12 units of modern housing, including three units offered as affordable housing at 60 percent AMI; and The Brooke, a new-construction, mixed-income development on vacant land on Bagley Street that will see 78 apartments built, 20 percent of which will be at 80 percent AMI.

The Wilshire Apartments, 388 W. Grand Blvd., is one of two buildings rehabbed by Southwest Housing Solutions, the development arm of Southwest Solutions. Both buildings are 100 percent deeply affordable housing, and will have that affordability guaranteed for the next 50 years.



The Savannah Apartments, 250 W. Grand Blvd., is the other historic apartment building rehabbed by Southwest Housing Solutions, and was the site of today's press conference. Both buildings feature 20 apartments offered at rates of 60 percent area median income and below.

Detroiters have until Dec. 12 to apply for HOPE property tax exemption program to avoid risk of foreclosure

• Homeowners can qualify for 10%, 25%, 50% or 100% reduction in property taxes, depending on household income.
• More than 10,000 Detroit homeowners have been approved for HOPE so far this year
• The City and nonprofit partners are hosting in-person END OF YEAR HOPE Events

Detroit homeowners struggling to pay their annual property taxes have until December 12 to apply to the City's HOPE program to try and qualify for a full or partial property tax exemption for 2022, officials said.

HOPE stands for Homeowners Property Exemption and provides an opportunity for homeowners to be exempt from their 2022 property taxes based on household income. So far this year, 10,183 Detroit homeowners have been approved for either a 10%, 25%, 50% or 100% reduction in their taxes.

For residents who need help completing the HOPE application, the City and nonprofit partners are hosting, in-person END OF YEAR HOPE Events by appointment only:

December 9, 10AM-4PM
Samaritan Center
5555 Conner St.
Detroit, MI 48213
December 12, 10AM-4PM
Wayne Metro Community Action Agency
7310 Woodward Ave.
Detroit, MI 48202

This is the last opportunity to receive in-person assistance before the HOPE December 12 deadline. Residents can apply online or schedule an in-person appointment at a HOPE event by visiting www.detroitmi.gov/HOPE or contact the Call Center at (313) 244-0274, walk-ins for the events are available between 10:00 AM and 4:00 PM.

"Our highest priority as a City is to keep Detroit homeowners in their homes," said Willie Donwell, Director, Board of Review, City Council. "Over the years, the HOPE program has helped thousands of homeowners reduce their tax burden to an affordable level so they cannot be in fear of falling behind and at risk of foreclosure. We're asking anyone who may be eligible or at risk to reach out and apply before December 12 said, Donwell.

Who qualifies?

Eligibility for HOPE is based on household income and whether a person owns and occupies their home as their primary residence. Most homeowners whose income is below the guidelines are generally approved. See 2022 HOPE Application Income Guidelines below.

Approved HOPE applications may make you eligible for other assistance programs and help in paying off delinquent property taxes.

HOPE, formerly the Homeowners Property Tax Assistance Program (HPTAP) is also referred to as the Poverty Tax Exemption, "PTE" or Hardship Program. The HOPE application is an annual application and homeowners must apply every year.

Below is the graph showing exemptions

HOUSEHOLD	FULL EXEMPTION	50% EXEMPTION	25% EXEMPTION	10% EXEMPTION
1	$17,774.00	$20,479.00	$23,055.00	$34,659.00
2	$21,427.00	$24,040.00	$26,478.00	$41,783.00
3	$23,717.00	$26,352.00	$28,768.00	$46,248.00
4	$27,560.00	$30,210.00	$32,860.00	$53,742.00
5	$31,040.00	$33,834.00	$36,317.00	$60,528.00
6	$35,580.00	$35,865.00	$40,917.00	$69,381.00
7	$40,120.00	$42,928.00	$45,336.00	$78,234.00
8	$44,660.00	$47,340.00	$50,019.00	$87,087.00

• An additional $4,540 for each person over 8 for a Full Exemption
• An additional $4,812 for each person over 8 for a 50% Exemption
• An additional $5,085 for each person over 8 for a 25% Exemption
• An additional $7,082 for each person over 8 for a 10% Exemption based on 20% loss of income
• An additional $8,853 for each person over 8 for a 10% Exemption for threat of foreclosure

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Special, World's Cultures
Pinos, Zacatecas, MX

Pinos, Zacatecas

Pinos is one of the 58 municipalities of the state of Zacatecas, located in the south of the Zacatecan semi-desert, in the vicinity of Jalisco, San Luis Potosí and Guanajuato. It is one of the 132 Pueblos Mágicos of Mexico; as those towns or cities are called because them seem to have been trapped in colonial times due to the conservation of their architecture.

It was founded in 1594 with the name of "Real de Nuestra Señora de la Purísima Concepción de Cuzco y Descubrimiento de Minas que llaman Sierra de Pinos", as a mining town and at the time it had its own currency. It is common to see mining chimneys around the municipality. It is known that at that time the town was surrounded by leafy pine trees from which it acquired its current name.

Currently its main economic activities are diverse, among them there is a vast production of mezcal, different varieties of beans, squash, mustard, nopal and prickly pear; the latter from where the traditional sweets of prickly pear cheese and marshmallow are extracted.

The municipal seat of Pinos is made up of 4 main neighborhoods: Tlaxcala, Centro, Los Arquitos and La Cuadrilla. The main attractions are a visit to the Museum of Sacred Art, the baroque-style temple in the traditional neighborhood of Tlaxcala, the La Pendencia mezcal factory and the Hacienda del Espíritu Santo, as well as a walk around the Plaza de Armas, the Jardín de las Flores and the Benito Juárez Garden. The parish of San Matías has an archway that frames the landscape of the town center and where the main town festivals are held.

It is common that in the homes of those who inhabit the town you can enjoy some delicious gorditas stuffed with nopal and head flower stews, to serve for dessert an tortilla with a slice of fresh ranch cheese and a smear of prickly pear marshmallow . Sometimes the stews come from the desert Yucca flower, or escamoles. It is traditional to drink pulque and honey water. Eat stews with yellow potatoes from the semi-desert.

During the months of August and September the landscape is filled with colors with yellow, crystal, green, reddish, red tunas.

Diles que lo viste en EL CENTRAL

Tell them you saw it in EL CENTRAL

The Days With Corbel,

serialized novel

[...] Sequel...

6.

Behind the house there is a vacant lot and the neighbors are digging a well. We live in the semi-desert, before us the plain opens, an arid valley. Where are the neighbors in the back going to get water from? The stream is in front, maybe there is water.

Behind the house there is a vacant lot and the neighbors are digging a well. Corbel wants to have many children, a big family with a big yard. Corbel wants me to be free, that she knows the world, but we live in a town with few inhabitants.

Behind the house there is a vacant lot and the neighbors are digging a well. I just discovered a new path that leads to the stream next to the house. They say that the crying of the weeping woman is heard behind the willows when it gets dark.

7.

Corbel lives with her parents and I'm hiding, covered with a blanket in the closet, I hear her father asking for me, he feels my presence and Corbel denies me. We live at Corbel's parents' house.

Corbel lives with her parents. I learned to hold my breath and cease to exist when her parents arrived.

Corbel lives with her parents. Corbel brings everything necessary so that I don't need to go out, I wait for him in the room and I listen to everything that happens at her parents' house. I get used to being silent, to being a witness.

Corbel lives with her parents and I live locked in a room where I don't exist.

8.

Yesterday I called my grandmother. It's February and it's cold. I just left my parents' house –or her parents' house?-. I'm far away. I have a room to myself at Corbel's house. Corbel wants us to sleep together. I want to have my room.

Yesterday I called my grandmother, she asked me about Corbel, about the house and the town. She asked me if she was already expecting, she told me that she should have children if she was going to live with Corbel, that this is why the man and the woman got together.

Yesterday I called my grandmother. I can't tell him that even though we're far away, Corbel doesn't want the townspeople to know that we're a couple, he makes up stories, lies, strange things between us, and people look at me as Corbel's girl, Corbel's little friend, but I don't I'm your friend.

9.

Corbel's mother says that her husband is good. Yesterday we were working, we were writing projects, we were each sitting at her computer. Last night I had to escape, her father was looking for me too.

Corbel's mother says that her husband is good. The screams of her mother. Running off the roof, jumping onto the roof of the neighbor's bungalow, knowing that the house is empty.

Corbel's mother says that her husband is good. Corbel's mother is in the hospital. Corbel is angry with her father.

Corbel's mother says that her husband is good. Her lungs, chest and back hurt, her soul and dignity hurt.

Corbel's mother says that her husband is good, and Corbel's father tells her mother that he has always been faithful to her. Fidelity wasn't enough to avoid his hand over her.

Mariana Ayón RV

To be continued ----> Wait for it next week

ESPECIAL CULTURAS DEL MUNDO

Pinos, Zacatecas, MX

Los días con Corbel,

novela a entregas

[...] Continuación...

6.

Atrás de la casa hay un baldío y los vecinos están cavando un pozo. Vivimos en el semidesierto, ante nosotros se abre la planicie, un valle árido. ¿De dónde van a sacar agua los vecinos de atrás? El arroyo está enfrente, a lo mejor sí hay agua.

Atrás de la casa hay un baldío y los vecinos están cavando un pozo. Corbel quiere tener muchos hijos, una familia grande con un patio grande. Corbel quiere que yo sea libre, que conozca al mundo, pero vivimos en un pueblo con pocos habitantes.

Atrás de la casa hay un baldío y los vecinos están cavando un pozo. Recién descubrí un nuevo sendero que lleva al arroyo de junto a la casa. Dicen que se escucha el llanto de la llorona tras los sauces cuando oscurece.

7.

Corbel vive con sus padres y yo estoy escondida, cubierta con una cobija dentro del armario, escucho que su padre pregunta por mí, siente mi presencia y Corbel me niega. Vivimos en casa de los padres de Corbel.

Corbel vive con sus padres. Yo aprendí a contener la respiración y dejar de existir cuando sus padres llegaban.

Corbel vive con sus padres. Corbel trae todo lo necesario para que yo no necesite salir, lo espero en el cuarto y escucho todo lo que pasa en casa de sus padres. Me acostumbro a guardar silencio, a ser testigo.

Corbel vive con sus padres y yo vivo encerrada en un cuarto en el que no existo.

8.

Ayer llamé a mi abuela. Es febrero y hace frío. Recién dejé la casa de mis padres –¿o de sus padres?–. Estoy lejos. Tengo un cuarto para mí en casa de Corbel. Corbel quiere que durmamos juntos. Yo quiero tener mi cuarto.

Ayer llamé a mi abuela, me preguntó por Corbel, por la casa y el pueblo. Me preguntó si ya estaba esperando, me dijo que debería tener hijos si iba a vivir con Corbel, que para eso se juntaba el hombre con la mujer.

Ayer llamé a mi abuela. No puedo decirle que aunque estamos lejos, Corbel no quiere que sepan los del pueblo que somos pareja, se inventa historias, mentiras, cosas raras entre nosotros, y la gente me mira como la muchachita de Corbel, la amiguita de Corbel, pero yo no soy su amiga.

9.

La madre de Corbel dice que su marido es bueno. Ayer estábamos trabajando, redactábamos proyectos, estábamos sentados cada quien en su computadora. Ayer en la noche tuve que escapar, también a mí me buscaba su padre.

La madre de Corbel dice que su marido es bueno. Los gritos de su madre. Salir corriendo por la azotea, brincar a la azotea del búngalo del vecino, saber que la casa está vacía.

La madre de Corbel dice que su marido es bueno. La madre de Corbel está en el hospital. Corbel está enojado con su padre.

La madre de Corbel dice que su marido es bueno. Le duelen los pulmones, el pecho y la espalda, le duele el alma y la dignidad.

La madre de Corbel dice que su marido es bueno, y el padre de Corbel le dice a su madre que siempre le ha sido fiel. La fidelidad no es suficiente para evitar una mano encima.

Mariana Ayón RV

Continuará ----> Espérala la siguiente semana

Pinos, Zacatecas

Pinos es uno de los 58 municipios del estado de Zacatecas, ubicado en el sur del semidesierto zacatecano, en las inmediaciones de Jalisco, San Luis Potosí y Guanajuato. Es uno de los 132 Pueblos Mágicos de México, como se les denomina a aquellos pueblos o ciudades que pareciera se han quedado atrapados en el tiempo de la colonia debido a la conservación de su arquitectura.

Fue fundado en 1594 con el nombre de Real de Nuestra Señora de la Purísima Concepción de Cuzco y Descubrimiento de Minas que llaman de la Sierra de Pinos, como un pueblo minero y en su momento contó con su propia moneda. Es común mirar las chimeneas de minería alrededor del municipio. Se sabe que para ese momento el pueblo estaba rodeado de frondosos pinos de donde adquirió su nombre actual.

Actualmente sus actividades económicas principales son diversas, entre ellas se cuenta con una basta producción de mezcal, diferentes variedades de frijol, calabaza, mostaza, nopal y tuna; esta última de donde se extraen los dulces tradicionales del queso de tuna y melcocha.

La cabecera municipal de Pinos está constituida por 4 barrios principales: Tlaxcala, centro, los arquitos y la cuadrilla. atracciones principales son la visita al museo de Arte Sacro, el templo estilo barroco del tradicional barrio de Tlaxcala, la fábrica de mezcal La Pendencia y la Hacienda del Espíritu Santo, así como dar una vuelta a la Plaza de Armas, el Jardín de las Flores y el Jardín Benito Juárez. La parroquia de San Matías cuenta con una arquería que enmarca el paisaje del centro del pueblo y donde se realizan las fiestas principales del pueblo.

Es común que en los hogares de quienes habitan el pueblo se pueda disfrutar de unas ricas gorditas rellenas de guisos de nopal y flor de la cabeza, para servir de postre una tortilla con una rebanada de queso fresco de rancho y una embarrada de melcocha de tuna. A veces los guisos vienen de la flor de la Yucca del desierto, o escamoles. Es tradicional beber pulque y agua miel. Comer guisos con papa amarilla del semidesierto.

Durante los meses de agosto y septiembre el paisaje se llena de colores con tunas amarillas, cristal, verdes, rojizas, rojas.

Sigue cada semana en **EL CENTRAL** nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Aniel Mendez, Detroit Chief of Police for the Day

Aniel Mendez, a 4-year-old who's battling cancer, was made Chief for the day. Chief White shared gifts with Aniel and his family, and they were greeted by the Mounted Unit, Traffic Enforcement and Special Response Team before being given a ride and escort through downtown.

Congrats on being made chief for a day, Aniel! Stay strong, and we will be thinking of you throughout your battle.

Please help Aniel, our strong little hero,

https://www.gofundme.com/f/please-help-aniel-our-strong-little-hero

Aniel Mendez (third from left) Detroit Chief of Police for the Day, with his family and Detroit Police Chief James E. White (far right)

Detroit Chief of Police for the Day - Aniel Mendez

Nominations Encouraged for Michigan Lottery's Excellence in Education Awards to Honor Outstanding Educators

Parents, students, school staff members, and others are encouraged to nominate outstanding public-school educators for the Michigan Lottery's 2022-23 Excellence in Education awards.

All public-school employees may be nominated for the awards, which recognize educators who go "above and beyond" to make a difference in the lives of children. To nominate a public-school educator, go to https://www.michiganlottery.com/excellence-in-education.

The Michigan Lottery established the Excellence in Education awards in 2014 to recognize outstanding public-school educators across the state during the school year.

One outstanding educator will be selected each week and will receive a $1,500 cash prize plus a $500 grant to their classroom, school or school district. One of the weekly award winners will be selected to receive the Lottery's Educator of the Year award and will receive a $10,000 cash prize.

Each winner also will receive a plaque and be featured in a news segment on the Lottery's media partner stations: WXYZ-TV in Detroit, FOX 17 in Grand Rapids, FOX 47 in Lansing, and WNEM-TV, Saginaw.

The winner of the 2022 Educator of the Year award was Spencer Vanderheide. He is a high school teacher with Kenowa Hills High School, which is part of Kenowa Hills Public Schools.

Hundreds of educators were nominated during the eighth year of the educational awards program and 34, including Vanderheide, were selected to win a weekly award.

Previous winners of the Educator of the Year award:

• 2021 – Janice Smith, a school social worker at Fisher Magnet Lower Academy in Detroit

• 2020 – Megan Sidge, an Autism Spectrum Disorder teacher at Hickory Woods Elementary, which is part of the Walled Lake Consolidated Schools.

• 2019 – Stewart Kieliszewski, an Earth science, biology, mechatronics, and media teacher for eighth through 12 graders at the Ubly Community Schools.

• 2018 – Kerri Moccio, a literacy intervention specialist at Bedford Elementary School in Dearborn Heights

• 2017 – Linda Holzwarth, a social studies teacher at Portage West Middle School in Portage

• 2016 – Daniel Carr, a Spanish and sports marketing teacher at Waverly High School in Lansing

• 2015 – Michael Craig, a special education teacher at the Charles Drew Transition Center in Detroit

Excellence in Education award nominees are evaluated on:

• Excellence – Their work consistently helps students and/or their schools or school districts advance to higher levels of academic achievement.

• Dedication – They consistently go above and beyond expectations to help students succeed.

• Inspiration – Their work inspires others around them to exceed expectations either academically or professionally.

• Leadership – They demonstrate clear leadership skills in their positions with their school or school districts.

• Effectiveness – The nominee's work has clear and positive results on the educational advancement of students within the school or school district.

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EL CENTRAL
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EL CENTRAL
HISPANIC NEWS

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EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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La Oficina móvil de la secretaria del estado de Michigan nos estará visitando aquí en
LA SED
Para ofrecer servicios
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Date: 9 de diciembre del 2022
Time: 10 A.M. TO 3P.M.
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Par más información o para agendar una cita, comunícate con
LA SED
At 313-554-2025

The Christmas Casserole

Ingredients

For the homemade cream of chicken soup:

- 1 tablespoon butter
- 2 tablespoons flour
- 1 cup water
- 1 cup whole milk
- 2 teaspoons chicken bouillon paste
- 1/2 teaspoon thyme
- 1/2 teaspoon poultry seasoning
- salt, to taste
- pepper, to taste

For the casserole:

- 1 (32-ounce) bag frozen hashbrowns, thawed
- 14 ounces smoked sausage, diced
- 1 small onion, diced
- 1 1/2 cups cheddar cheese, grated

Directions

Ready In:
3 hours and 10 minutes

Step 1 -
Grease a slow cooker.

Step 2 -
Melt the butter in a small saucepan over low heat.

Step 3 -
Sprinkle the flour into the melted butter and whisk to combine, cooking until the raw flour smell disappears, about 1 minute.

Step 4 -
Stir the water into the flour mixture and whisk to remove any lumps.

Step 5 -
Simmer the mixture until thick, then stir in the milk, the bouillon paste, the thyme, the poultry seasoning, the salt, and the pepper.

Step 6 -
Allow the mixture to slightly thicken and taste for seasoning.

Step 7 -
Place the hashbrowns, the sausage, the onion, and the cheese together into the prepared slow cooker.

Step 8 -
Pour the cream of chicken soup into the slow cooker and stir to combine.

Step 9 -
Cover and cook until the potatoes are soft and the sausages are hot, about 2 hours 30 minutes-3 hours on high heat.

Step 10 -
Serve.

Spiked Gingerbread Hot Chocolate

Ingredients

For the gingerbread syrup:

- 1 cup water
- 1/2 cup granulated sugar
- 1/2 cup brown sugar, lightly packed
- 1 cinnamon stick
- 1 (1-inch) piece fresh ginger, chopped
- 4 whole cloves
- 4 whole allspice berries
- 1/2 teaspoon ground nutmeg

For the hot chocolate:

- 1 cup whole milk
- 1 (0.7-ounce) envelope hot cocoa mix
- 1 1/2 ounces spiced rum or ginger vodka
- 1 ounce gingerbread syrup
- cinnamon stick, for garnish

Directions

Ready In:
35 minutes

Step 1 -
In a saucepan over medium-high heat, heat the water.

Step 2 -
Stir the granulated sugar and the brown sugar into the water until they dissolve completely.

Step 3 -
Add the cinnamon stick, the fresh ginger, the cloves, the allspice berries and the nutmeg.

Step 4 -
Bring the mixture to a boil, stirring occasionally.

Step 5 -
Reduce the heat to low, then cover and simmer until thickened, about 25 minutes.

Step 6 -
Transfer the saucepan from the heat, still covered, and set aside to cool for 20 minutes.

Step 7 -
Strain out the spices and bottle the syrup. It will remain fresh in the fridge for 2-3 weeks.

Step 8 -
In a small saucepan over low heat, gently heat the milk.

Step 9 -
Stir the milk constantly with a whisk and do not let it come to a boil.

Step 10 -
Remove the warmed milk from the heat and whisk in the hot cocoa mix, ensuring it is completely mixed in.

Step 11 -
In a warm mug, add the spiced rum and 1 ounce of the gingerbread syrup.

Step 12 -
Add the hot cocoa to the warmed mug and stir well.

Step 13 -
Garnish with the remaining cinnamon stick and serve.

Joy to the World Glazed Ham

Ingredients

- 1 (8-10-pound) smoked ham
- 1 cup brown sugar, packed
- 1/2 cup brandy
- 2 tablespoons whole grain mustard
- 1 tablespoon cornstarch
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon ground allspice
- 1/2 teaspoon cayenne pepper
- 2 teaspoons salt

Directions

Ready In:
2 hours and 15 minutes

Step 1 -
Preheat the oven to 350 degrees F.

Step 2 -
Line a large rimmed baking sheet with foil.

Step 3 -
Lay the ham on the prepared baking sheet flat-side down.

Step 4 -
Score the ham with cuts, 1-inch and 1/4-inch-deep, in a grid pattern across the entire surface of the ham.

Step 5 -
In a medium bowl, mix the brown sugar, the brandy, the whole grain mustard, the cornstarch, the ground cumin, the coriander, the allspice, the cayenne pepper, and the salt until a glaze forms.

Step 6 -
Rub 1/2 of the glaze over the surface of the ham.

Step 7 -
Bake the ham for 45 minutes.

Step 8 -
Rub the remaining glaze over the ham and return it to the oven until the exterior is dark and crusty and the ham is warmed through, about 45-75 minutes.

Step 9 -
Serve.

It's Tamale Season!

In Southwest Detroit You Can Explore a Diverse Offering of Tamales From a Variety of Countries and Regions

Story by Ofelia Saenz
Photos by Alejandro Ugalde

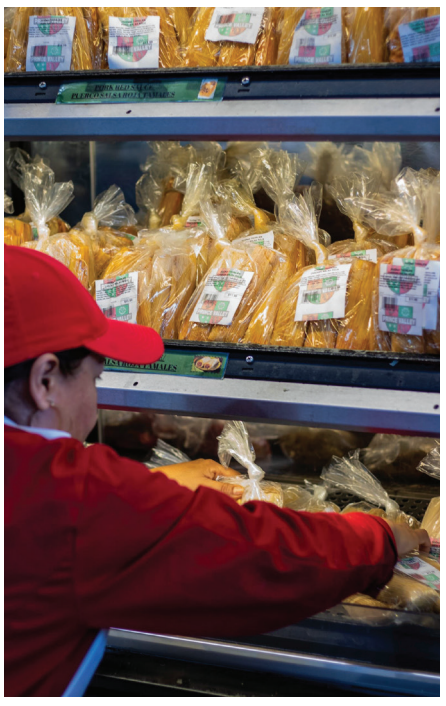
While tamales can be found throughout Southwest Detroit year-round, the holidays are synonymous with tamale season. More than any other time of year, the month of December is when families make, eat, buy and share tamales.

Coahuila, Mexico – Prince Valley Market

To keep up with demand, community grocers, restaurants and tamalerias ramp up production of ready-to-eat tamales. According to Prince Valley Market kitchen manager, Brenda Ramirez, her team of women makes more than a thousand tamales each weekday morning.

Mexican tamales are hugely popular in Southwest Detroit. Because of the diverse makeup of the community, tamales can differ in ingredients, style and technique from location to location. Ramirez is from Coahuila in the north of Mexico. The style of masa she uses at Prince Valley Market is moist and spongy with a distinct flavor profile.

Women at Prince Valley Market on Michigan Avenue in Southwest Detroit separate corn husks for tamales.



A worker at Prince Valley Market stocks the shelves with warm to-go bundles.

Chiapas, Mexico – Caterer Jessica Gómez

Mexican tamales can vary greatly depending on the region. Caterer Jessica Gómez is from San Pedro Suchiapa in Chiapas, Mexico, where indigenous dishes are typical. She makes tamales cooked in banana leaves.

The tamal in Latin American culture is as iconic as it is ancient. It predates Spanish Colonialism by thousands of years, tracing its origin back to Mesoamerica.

Because they're so traditional, many people might only be familiar with the recipes they grew up eating with their families. But tamales are as diverse as they are loved. In Mexico alone, there are at least 350 types, according to the "Diccionario Enciclopedico De Gastronomia Mexicana," an authoritative resource on Mexican cooking and cuisine.

Many of the ingredients that Gómez uses in her cooking are imported from a specific area in Chiapas.

Commonly, Mexican tamales are made with a meat filling and lard in the masa – but not all. Chipilin tamales are vegan. The leafy green is used in many southern Mexican and Central American dishes.

Clockwise from upper left, these are tamales made with chipilin, chipilin with chile de arbol, pork with mole negro, and pork with chile colorado.

This pork tamal in mole negro is made with chile chihuacle.

Gómez holds a cazuela of tamales in the style of the southern states of Mexico.

Gomez brings café de olla to the table, as she sets up for a tamale feast.

Gómez tops a Chipilin tamal with spicy chile de arbol.

Puertorican – Dominican – Rincon Tropical

Mexican tamales aren't the only varieties Southwest has to offer. Rincon Tropical, located on Michigan Avenue just west of Livernois, is owned by Lisaida Moreno, who is of Puertorican descent, and her husband, Riquelmi Moreno, who is Dominican. Their restaurant serves a fusion of both cultures, including a type of tamal known as pasteles en hoja.

A holiday essential, pasteles en hoja are wrapped in banana leaves. The dough is made from green plantain. It has a savory taste and a moist, melt-in-your-mouth texture. Pasteles en hoja are usually stuffed with olives and either pork or chicken . To hold their shape they're wrapped in wax paper and tied with string. According to Moreno, there is a debate over whether pasteles are best eaten with ketchup or hot sauce.

A plate of traditional pasteles en hoja, as they're served at Rincon Tropical.

A worker at Rincon Tropical adds the masa and filling.

A worker at Rincon Tropical ties a string around a bundle that will be steamed and cooked.

A worker at Rincon Tropical preps a banana leaf for pasteles en hoja.

Rincon Tropical co-owner Lisaida Moreno pours Tapatio hot sauce over a fresh pastel en hoja.

Venezuela-Caracas – El Rey de Las Arepas

In Venezuela, tamales are called hallacas. The ingredients vary from region to region. Popular Southwest Detroit Venezuelan restaurant, El Rey de Las Arepas, makes a version from the capital region of Caracas.

The corn dough, pre-cooked corn flour—which is similar to the masa used in arepas—is brushed with achiote, which gives it a distinctive color and slightly sweet, nutty flavor.

At El Rey de Las Arepas, hallacas are made with a combination of chicken, beef, pork, peppers, olives, raisins and chickpeas layered onto a thin layer of the masa.

The hallacas are then wrapped in banana leaf and tied. Because hallacas are so time-intensive, El Rey de Las Arepas only makes them for preorders, and they're only available through the holidays. During that time, Gutierrez and co-owner Jacqueline Alejandre are joined by Gutierriz's mother, Zoraida Gutierrez, to help make the hallacas and guide the process.

A worker at El Rey de Las Arepas adds achiote to the hallaca masa.

A worker layers the ingredients onto the masa.

A freshly cooked hallaca served at El Rey de Las Arepas.

El Rey de Las Arepas co-owner Rayner Gutierrez spotlights their Venezuelan tamales, hallacas.

Ofelia Saenz is a native of Southwest Detroit and a writer, marketer and food entrepreneur. She writes about entertainment, arts, culture and other human-interest stories for EL CENTRAL. Alejandro Ugalde (Kopalli Media) is a Mexico City immigrant and visual storyteller with a deep love for Detroit and its multiculturalism.

Lions Dominate Jaguars !!!

EL CENTRAL
HISPANIC NEWS
SPORTS
313 841 0100 elcentral1@aol.com

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Sunday, the Detroit Lions (5-7) hosted the Jacksonville Jaguars (4-8) at Ford Field. The Lions were looking at bouncing back and beating the Jaguars and staying in the hunt for a playoff spot. The Lions had a commanding lead going into halftime 23-6, and would not let off until the end, and beat the Jaguars 40-14. The Detroit Lions host the Minessota Vikings, at Ford Field, this Sunday, December 11th at 1:00 (FOX), before going on the road, Sunday, December 18th, to take on the New York Jets at Metlife Stadium, at 1:00 pm (FOX). Photos provided by Mike Alberts/ EL CENTRAL

Photos below are highlights from the Detroit Lions vs. Jacksonville Jaguars

Lions QB #16 Jared Goff getting ready to make a play. Goff was 31 for 41 for 340 yards with 2 TDs.

Jaguars QB #16 Trevor Lawrence getting ready to start a play. Lawrence was 17 for 31 for 179 yards with 1 TD and had 4 carries for 32 yards

Lions RB #32 D'Andre Swift scoring a TD. Swift had 14 carries for 62 yards with 1 TD and 4 receptions for 49 yards

Lions WR #8 Josh Reynolds making a play against Jaguars CB #31 Darious Williams. Reynolds had 3 receptions for 19 yards

Lions K #17 Michael Badgley kicking a field goal. Badgley was 4 for 4 on field goals for 12 points and scored 4 PATs, for a total of 16 points in the game

Detroit Lions defense triying to stop the jaguars

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Upsets Are Over

David Levine
EL CENTRAL

Following a riveting group phase with some extraordinary results, the big powers in football have firmly stamped their authority on the World Cup. No team finished the group phase with a perfect record. Even the biggest favorites had a blemish. Brazil rested their top players against Cameroon and lost 1-0. France did the same against Tunisia with the same results. Argentina had already suffered through an embarrassing loss to Saudi Arabia, but regrouped behind Lionel Messi to see out the first phase of the tournament. The first round of elimination games has restored the normal order of things.

Not all the old powers came through the gripping match day three drama unscathed though. Germany, regular finalists and winners in 2014, exited at the group phase for the second World Cup in a row. Losing to Japan and drawing with Spain meant that even a 4-2 win over Costa Rica wasn't enough. Belgium's "Golden Generation" will fade away without winning any major prizes. The signs were there after they barely escaped Canada. Morocco and Croatia proved too much to overcome. Denmark, inspired by the return of Christian Erikson, also fell short after being widely tipped as a dark horse to make a deep run. Australia surprised everyone by beating them and taking a spot in the last sixteen.

Every good story has an ending, however. Australia made their round of sixteen game against Argentina look closer than it was. Lionel Messi and teammates had things under control. Japan and South Korea bowed out, too. Brazil played a devastating first half against South Korea with four goals, three of them perfect examples of jogo bonito. Senegal couldn't handle a rampant English team. The quarterfinals will inevitably feature the usual suspects. Already we know that Argentina will meet the Netherlands, England clashes with France, and Brazil will play Croatia. There is every likelihood that the last quarterfinal will be an Iberian derby between Spain and Portugal.

What of our region, CONCACAF? Canada made the first exit, losing all three games, but this was a much better appearance than their last one in 1986. At least the Canadians scored two goals. They also largely dominated the match against Belgium, including a missed penalty early on. This is a good, young team that will have most of its top players in their peak years for the next World Cup, which they will co-host. Mexico also crashed out. This was the worst Mexican team in years. Tata Martino immediately stepped aside after the final whistle of the last group match. Missing a few key players with injuries and lacking much in the way of attacking firepower, this tournament was always going to be a struggle. There is no shame in losing to Argentina, but the draw against Poland took their destiny out of their hands. Costa Rica, embarrassed by Spain, managed to beat a much changed Japan team in their second game. And, for about three minutes of the second half against Germany, they were going to advance at Spain's expense. The Germans ended those hopes with three goals in quick order.

As for the United States, Qatar 2022 will be remembered as a successful reappearance on the global stage after missing the 2018 World Cup. With the second youngest team at the World Cup, they managed to advance to the round of sixteen without conceding a goal from the run of play. They held mighty England to a 0-0 draw and dominated long stretches of the game. Star player Christian Pulisic scored once and set up the other two goals the team scored. This performance will be a major building block towards 2026. Yet, it could have been better. The team lacks a real goal-scoring threat up front. Josh Sargent, Haji Wright, and Jesus Ferreira simply aren't good enough for the elite level required to get past the round of sixteen. There is also a lack of depth in most positions. The midfield of Tyler Adams, Yunus Musah, and Weston McKennie tired after the hour mark in every game and nobody could come on and give the same level of play.

Tiredness certainly played a role in the loss to the Netherlands. That led to ball-watching on all three of the goals conceded as players simply didn't follow their men. Adams was jogging on the first. Sergino Dest let Daley Blind in for the second. Antonee Robinson, so energetic the entire way, didn't pay attention to Denzel Dumfries behind him. The options off the bench couldn't push the US forward. Wright's fluke goal gave the USA five minutes of hope before Dumfries sealed the Dutch win.

Coach Gregg Berhalter hasn't announced his plans for the next four years, yet. It's unusual to give a coach another cycle. The last two times the USA did that were disastrous. Bob Bradley and Jurgen Klinsmann showed how stale things can become during the second four years. Neither lasted the full term. Berhalter brought the US back to respectability. However, his rigid tactics and squad selections have caused a lot of debate and consternation. Netherlands coach Louis Van Gaal pointed out that his team adapted to what the US offered, but the US didn't make any adjustments. Berhalter was outcoached, and it wasn't difficult. For the US men, it's time for a new voice, a new approach, fresh and more flexible ideas on how to make use of the improving player pool. Whether a new coach can be brought on quickly is a tough question. There are already two friendly games booked for the end of January against Colombia and Serbia, as well as CONCACAF Nations League games against Grenada and El Salvador in March. CONCACAF will also have another Gold Cup in June.

There are only a handful of players from the US roster who will age out of the national team program before 2026. Tim Ream, a surprise recall due to injuries, showed that his form with Fulham wasn't a mirage. He was excellent at the back, playing every single minute. At age 35 though, he won't be part of the team going forward. Reserve goalkeeper Sean Johnson is 33. Defenders Walker Zimmerman, Aaron Long, and DeAndre Yedlin will all be over 30 by then also, but might be phased out as younger defenders pick up more minutes. More options have to be tried at forward. Ricardo Pepi, still 19, will get his chances after being cut this time. Daryl Dike might return to fitness and rejoin the selection, too. Perhaps the next manager will try Timothy Weah at center forward, like his father George used to play, in an effort to get Claudio Reyna or Brendan Aaronson more time. There are many more young players at home and abroad who will have watched this team play and think they can make a real impact over the next three and a half years. Some will be involved in the U-20 World Cup this year and the 2024 Olympics in Paris. There is a lot of promise in the pool. It just needs the right leader to take them through to the summer of 2026.

Wolverines To Play In The Fiesta Bowl !!!

Last Saturday, the #2 University of Michigan Wolverines (13-0), took on the Purdue Boilermakers (8-5). The Wolverines led the Boilermakers 14-13 going into halftime, and would dominate the second half, to beat the Boilermakers 43-22. The Wolverines get a second chance, at winning a NCAA Playoff game and making it to the NCAA National Championship game. The #2 University of Michigan Wolverines will take on the #3 TCU Horned Frogs, at State Farm Stadium in Glendale, AZ, for the Fiesta Bowl (College Football Playoff semifinal), on Saturday, December 31st, at 4:00 pm (ESPN), with the NCAA National Championship game, from SoFi Stadium in Inglewood, CA, on January 9th, 2023 at 7:30 pm (ESPN). Photos provided by the University of Michigan Wolverines.

Photos below are highlights from the 2022 Big Ten Championship game between the Wolverines and the Boilermakers

Jim Harbaugh and his University of Michigan Wolverines are once again Big Ten Champions for the second consecutive time. Now they will face TCU on December 31st at the Fiesta Bowl

Wolverines QB #9 J.J. McCarthy had a great game against the Boilermakers and led his team to a 43-22 victory. McCarthy was 11 for 17 for 161 yards with 3 TDs and 1 INT and had 5 carries for 14 yards

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EDITORIAL OPINION

"Trump: Dump the Constitution!"

By Raoul Lowery Contreras

Much to the chagrin of those who decry criticism of former United States President Donald J. Trump by charging that critics, like myself, have Trump rattling around in our brains, we cannot ignore Trump. He won't let us.

Remember this, insanity is defined as doing the same thing over and over and expecting a different result. He continues to claim he won the 2020 election. He lies or he's insane.

Also, remember that at Noon the 20th of January, 2017, Donald J.Trump swore on a bible "... to the best of my ability, preserve, protect and defend the Constitution of the United States."

The Constitution details Presidential duties he or she is to follow, and/or to implement as the chief executive of the United States and commander in chief of all military forces, including militias when federalized. It does not, however, delineate any duties on former United States Presidents.

There is an implied exception which will be discussed below.

The instant case is a statement written by former President Trump on his posting site, "Truth Social," on Saturday, December 3, 2022; 760 days after President Joe Biden defeated Trump in the states of Arizona, Georgia, Michigan and Pennsylvania.

He wrote: "...do you throw the Presidential Election results of 2020 OUT and declare the RIGHTFUL WINNER, or do you have a NEW ELECTION? A Massive Fraud of this type and magnitude allows for the termination of all rules , or regulations, and articles, even those found in the Constitution. Our great "Founders" did not want , and would not condone, False & Fraudulent elections."

There are no Constitutional provisions that allow for election redos or cancellations after certification; NONE!

A President is tightly bound by his oath to "protect and defend" the Constitution and to "faithfully execute the office of President," words of the same oath. His statement attacks the Constitution.

He or she must execute the laws of the United States "faithfully" as that is a legal requirement of all United States office holders. By demanding the Constitution be ignored because he says he didn't lose the election held 760 days before -- a loss certified by every state's official vote counts and by the U.S. Congress -- Trump must be criticized vigorously.

There are no words in the Constitution of the United States, as mentioned, about what former Presidents can do or say. As for qualifications for President, there are no words other than the President must be 35 years of age and be a "natural born" U.S. citizen.

Aside: U.S. Senator Mitt Romney's father, George, ran for President; he was born in Mexico. He and I discussed this because I, too, was born in Mexico. Our mothers were born in the U.S., thus, we qualified to run for President. If I run for President in 2024, I'll carry my Certificate of Citizenship everywhere I go, to flaunt it in the faces of the Trumpians who would challenge my run for President.

There are two more requisites I would add to the two original Constitutional presidential qualifications; I would require Presidential candidates to take a test on the Constitution. I would require a 95 percent passing grade, no 95%, no run for President. The other, 10 years of tax returns.

Lastly, as it appears that Donald J.Trump will be indicted by a federal grand jury in Washington, D.C. on a number of charges I would demand that he be disqualified from running for President any longer; I would do so based on the U.S. Constitution itself.

The 14th Amendment, Section 3, of the Constitution states explicitly that "No person shall… hold any office…under the United States…having previously taken an oath…as an officer of the United States…to support the Constitution of the United States…(who) shall have engaged in insurrection…against the same."

If - I believe - a jury convicts former President Trump of any charge related to the January 6, 2021, "insurrection" he is disqualified from running for any federal office; he could not serve as an "officer" of the United States, ever again.

The only question is: was the January 6 bloody attack on the capitol and its capitol police an insurrection? Trump's ambulance chasing lawyers will say no, the courts and the jury will say yes.

The greatest political document ever written, the Constitution -- shall prevail.

Opinions in this article are not necessarily those of the Publisher or Editor

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Choose a date to attend, where you will learn more about the work we do and how you will make it possible as a volunteer tax preparer.

3 **CREATE AN ACCOUNT IN CERVIS**
Once training is available, you will be notified and will be able to sign up through your account.

4 **SAVE THE DATE**
Mark your calendar for a kick-off breakfast on Saturday, December 4th. We're excited to meet you! More details to come.

5 **START MAKING A DIFFERENCE**
Once your training is complete, sign up for volunteer shifts at one of our 20+ locations, opening January 21, 2023.

Scan the QR code to learn more, or visit accountingaidsociety.org/volunteers.

Salud/*Health*

5 Tips to Jump Start Your Weight Loss Post-Pandemic

(StatePoint) With the New Year right around the corner, new survey results suggest that 2023 will finally be the year that Americans bring their health back into focus.

According to a recent poll of 2,000 U.S. adults aged 30 and above commissioned by Nutrisystem and conducted by OnePoll, two in three Americans credit the past two years with teaching them how important their health really is. And 71% believe the pandemic has taught them to be more observant of their health. The poll also revealed that two-thirds of Americans said weight loss is a "top health goal" for them over the next year.

However, for many, losing weight can seem like a difficult task. The truth of the matter is it doesn't have to be. Courtney McCormick, corporate dietitian at Nutrisystem, offers the following tips to help you take that step toward a healthier you.

1. Keep healthy food in sight

Having healthy food at arm's reach can make losing weight easier. A Cornell study found that women who kept a bowl of fruit where they could see it weighed an average of 13 pounds less than those who didn't. Plans like Nutrisystem deliver healthy, portion-controlled options right to your door, making it even simpler to make good choices.

2. Give yourself a bedtime

Children aren't the only ones who need a bedtime! Adults need a set bedtime as well to be productive the next day. Setting a certain bedtime and sticking to it will also help your body get the rest that it needs to burn stubborn fat. "Not having a good night's rest can lead to craving sugar and fatty foods, which can also lead to weight gain," says McCormick.

3. Work out in 10-minute sets

If you're short on time or have back-to-back meetings, working out in intervals of 10 minutes three times a day creates more flexibility in your busy schedule. Doing this creates long-term healthy habits that will help you lose and maintain weight.

4. Drink more water

What's not to love about water? It's hydrating and keeps your body healthy. Water aids digestive health, regulates body temperature and even aids in losing weight and maintaining

the weight loss. This is because water helps you stay full between meals and avoid unnecessary snacking. In fact, feeling hungry is often a sign that you're actually thirsty and it's time to get hydrated.

5. Forgive a slip-up

Mistakes can actually help you understand what is healthy for your body. Having a slip-up allows you to consider the progress you're making in your weight loss journey and be able to hold yourself accountable when making future healthy decisions.

For more great tips, visit Nutrisystem's The Leaf, at leaf.nutrisystem.com.

There is no better time than now to focus on your overall health and wellness goals. When you are geared with the tools to succeed, living a healthier lifestyle is easily achievable.

Por qué debería mejorar su rutina de autocuidado durante la temporada navideña

(StatePoint) Si bien la temporada navideña está llena de diversión, festividades y tiempo valioso con familiares y amigos, a menudo va acompañada de fechas límite para cosas del trabajo y la escuela, tediosas listas de tareas y estrés de compras. He aquí algunos motivos para impulsar su rutina de autocuidado personal durante este ajetreado período, para que pueda darle la bienvenida al nuevo año de modo feliz y saludable:

Duerma bien

Las fiestas vienen inmediatamente después del final del horario de verano, y su cuerpo aún puede estar ajustándose al cambio de horas. Además, con todos los compromisos de la temporada, es más probable que se esté levantado temprano en la mañana y acostándose tarde en la noche. Estos factores combinados podrían hacer que se sienta somnoliento durante el día. De modo aún más preocupante, la falta de sueño al paso del tiempo puede contribuir a una serie de problemas de salud crónicos. Prepárese para estar más alerta y saludable este invierno sacando tiempo para dormir lo suficiente. ¿Tiene problemas para quedarse dormido? Eche un vistazo a las aplicaciones de ayuda para dormir que ofrecen bandas sonoras, meditación guiada y ejercicios de respiración.

Gane confianza de sonrisa

Según un Informe Dental de Cigna 2020, la satisfacción con la sonrisa es uno de los tres principales impulsores de la confianza en sí mismos entre los adultos estadounidenses. Así que, aunque practicar un buen cuidado bucal y mantener una rutina sólida de belleza y cuidado personal siempre son cosas importantes, lo son especialmente durante una época del año en la que puede estar comiendo más dulces y sonriendo más para la cámara.

La buena noticia es que puede darse el regalo de una sonrisa saludable y hermosa de la que puede sentirse seguro, empezando a un precio asequible, con la nueva serie de cepillos de dientes eléctricos Oral-B iO4 + iO5. Los múltiples modos de cepillado ofrecen una limpieza personalizada y, cuando se cepilla durante 2 minutos, que es lo que recomienda la Asociación Dental Estadounidense, el cepillo se ilumina para celebrar el logro. Además, el iO Series 5 ofrece seguimiento y entrenamiento en tiempo real a través de la aplicación Oral-B, que le ayuda a comprometerse con un mejor cuidado bucal durante las fiestas y durante todo el año.

Las muchas características innovadoras de los cepillos de dientes Oral-B iO, que incluyen un sensor de presión que ayuda a guiar el cepillado óptimo para

proteger las encías y los dientes, le ayudarán a obtener una sensación purificadora y limpia, como si acabara de salir del dentista. De hecho, el 96% de los usuarios de Oral-B iO se sienten más seguros de su salud bucal cuando usan un cepillo iO. Para obtener más información, visite oralb.com.

Reduzca el estrés

Se supone que la temporada navideña sea divertida y, sin embargo, el estrés a menudo se cuela en las festividades. Para estar más presente en todos los momentos alegres que la temporada tiene para ofrecer, mantenga sus niveles de estrés bajo control dando prioridad a un poco de "tiempo para mí" cada día. Ya sea que use ese tiempo para dar un paseo rápido por el vecindario, ver esa clase de gimnasia que ha querido probar o acurrucarse con un buen libro, le estará dando a su mente y espíritu el refresco mental que necesita.

Durante la temporada de dar, no descuide sus propias necesidades. Para una mayor salud y felicidad, dele prioridad a su rutina de belleza y cuidado personal durante las vacaciones.

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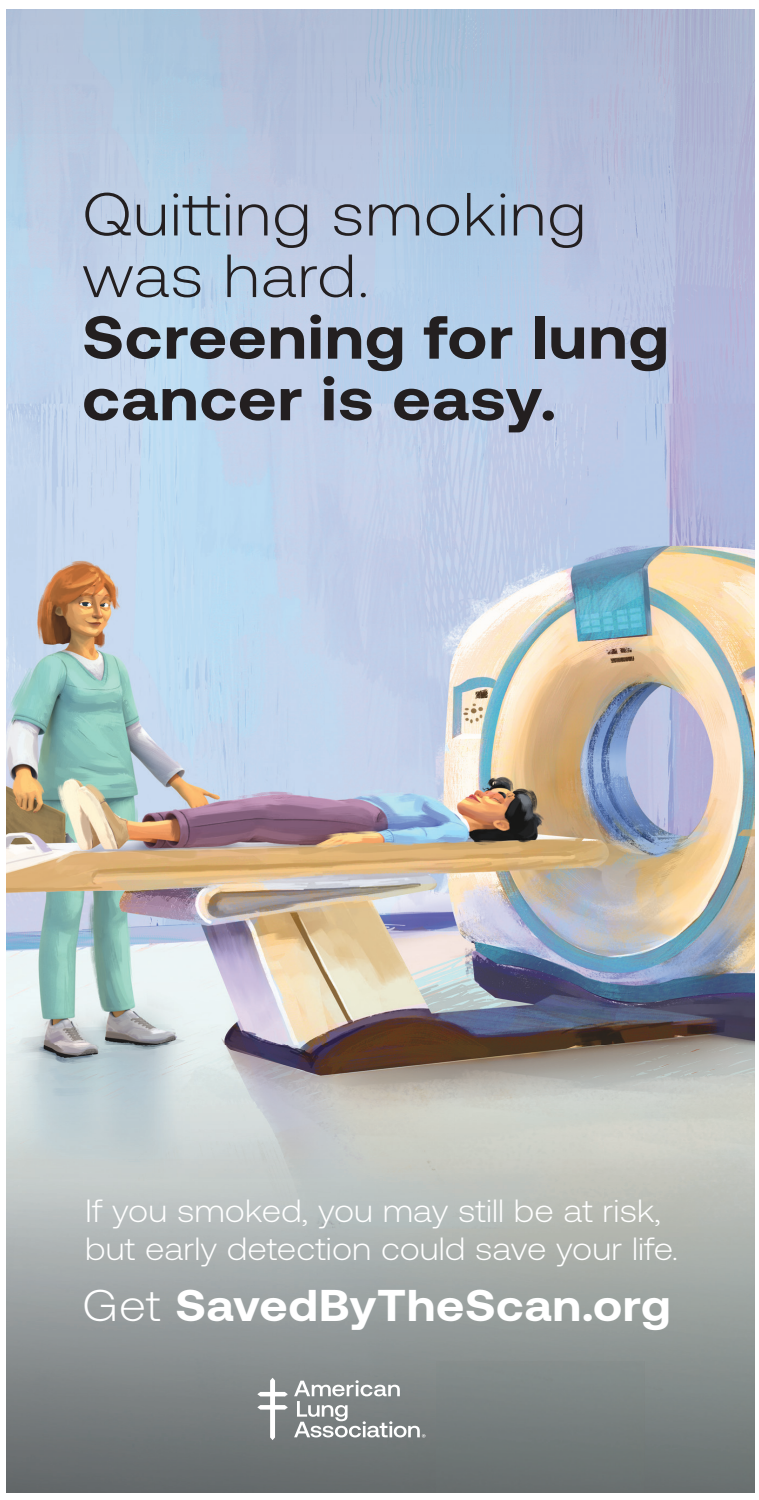
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